

## Perfect Sushi Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



5

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups glutinous rice white uncooked (sushi rice)
- 0.5 cup rice vinegar
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 3 cups water
- 0.3 cup sugar white

### Equipment

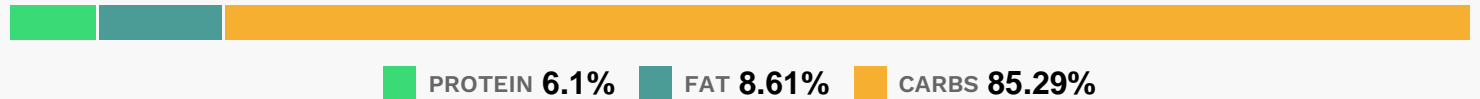
- sauce pan

- sieve
- colander

## Directions

- Rinse the rice in a strainer or colander until the water runs clear.
- Combine with water in a medium saucepan. Bring to a boil, then reduce the heat to low, cover and cook for 20 minutes. Rice should be tender and water should be absorbed. Cool until cool enough to handle.
- In a small saucepan, combine the rice vinegar, oil, sugar and salt. Cook over medium heat until the sugar dissolves. Cool, then stir into the cooked rice. When you pour this in to the rice it will seem very wet. Keep stirring and the rice will dry as it cools.

## Nutrition Facts



## Properties

Glycemic Index:40.62, Glycemic Load:55.43, Inflammation Score:-1, Nutrition Score:5.7256521660349%

## Nutrients (% of daily need)

Calories: 340.93kcal (17.05%), Fat: 3.16g (4.86%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 70.41g (23.47%), Net Carbohydrates: 68.34g (24.85%), Sugar: 9.99g (11.1%), Cholesterol: 0mg (0%), Sodium: 477.98mg (20.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Manganese: 0.74mg (36.82%), Selenium: 11.36µg (16.23%), Vitamin B1: 0.13mg (8.88%), Fiber: 2.07g (8.29%), Vitamin B3: 1.59mg (7.94%), Copper: 0.15mg (7.59%), Iron: 1.2mg (6.67%), Vitamin B5: 0.61mg (6.1%), Zinc: 0.91mg (6.05%), Phosphorus: 53.56mg (5.36%), Vitamin K: 5µg (4.76%), Magnesium: 18.71mg (4.68%), Vitamin B6: 0.08mg (3.96%), Vitamin B2: 0.04mg (2.51%), Potassium: 57.79mg (1.65%), Vitamin E: 0.22mg (1.48%), Calcium: 14.32mg (1.43%), Folate: 5.18µg (1.29%)